

Insanity Workout To Lose Weight

First, salutations are in order. You've chosen to invest in your own personal fitness journey, in me, and in a slimmer, healthier lifestyle! The most successful folks out there are those who invest in themselves fully. So, way to go!

Day of Concentration

When you first start using things like affirmations to change the way you think, it's weird, because you're trying to believe things that haven't happened yet. If "seeing is believing", then it's hard to believe in something that you can't see yet, for example a flat tummy.

No postponement here. Tackle it like a football player on the line after the snap - head-on and direct. Set aside four days of concentration over the next month, once a week. On these days you're going to make it a point to really focus hard on your affirmations and incantations. I advise you use what's known as a vision board.

5 Steps to Creating Your Vision Board

- Get some corkboard or whatever else you need to create the board.
- Search through newspapers and magazines for pictures of things you need to see in your diet and in a healthier lifestyle. This can be anything from objects, people, words, or phrases.
- Use your gut and pick from the lot of choices that are most powerful and representative of your goals. Envision how the board should look before you begin pasting. Where should the food items go? How about the words or pictures of abs?
- Now paste your choices or pin them to the board as you see fit, but leave some room in the center of the board (where you'll be posting a picture of yourself). It needs to be a picture of you smiling and being the happy person you are! The picture being in the direct center is symbolical.
- Hang your vision board where you can see it all the time, making sure to use it explicitly on your concentration days.

"I am imagination. I can see what the eyes cannot see. I can hear what the ears cannot hear. I can feel what the heart cannot feel."

— Peter Nivio Zarlenga

I would recommend going for [Beyond Diet](#) Program To lose weight.

